SIPPIN' PRETTY

ROWDY BUT NEVER RUDE, CANUCKS SHOW THEIR SPIRIT IN LONDON. FOR PHOTOGRAPHIC EVIDENCE, GO TO METRONEWS.CA STORY PAGE 5

LONDON metro®

Tuesday, August 7, 2012

News worth sharing.

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HEARTBREAKER

Canada forwards Christine Sinclair, left, and Melissa Tancredi can't hide their disappointment after losing 4-3 in extra time on Monday in the women's soccer semifinal against the U.S. at the Olympic Games in Manchester. Sinclair scored all of Canada's goals. More coverage, pages 16, 17. FRANK GUNN/THE CANADIAN PRESS

U.S. drought may cost us

Food prices. Experts warn poor corn and soybean crops in the United States will have a ripple effect

Food prices could rise by as much as four per cent next year, economists predict, as extreme drought conditions in the U.S. Midwest are expected to inflate the cost of everything from pork to cereal.

RBC economist Paul Ferley says the increases will be similar to those seen in 2011, when demand from emerging economies like China and India pushed food prices higher.

"Growth there is slowing, so we would have expected a bit of moderation in commodity and food prices, but because of the drought it looks like we'll be getting another wave," Ferley said. He predicts food costs will go up by 2.5 to 3.5 per cent this year and three to four per cent in 2013.

Because corn is used to feed livestock in the U.S., the rising cost of beef and pork will be most noticeable, said Patricia Mohr, a commodity markets specialist at Scotiabank. Poultry could also be affected.

Some types of grain have been affected by the drought, which could inflate the price of baked goods and pasta, Mohr said. THE CANADIAN PRESS

No, not Timmies

- **First signs.** Tim Hortons raised the price of some baked goods and lunch items last week, citing higher operating costs and pricier ingredients. The price of a muffin is five cents higher, while sandwiches have gone up by 10 cents. The price of coffee has not changed.

Still on board

• Alexandre Despatie continues his comeback from a diving accident when he competes in the three-metre springboard final. Watch him Tuesday at 1:55 p.m on CTV.

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Elderly man saved from creek when cries for help heard

Police briefs. Here's a weekend roundup of items from the police docket

JULIAN UZIELLI
london@metronews.ca

A 71-year-old man got stuck in a mud creek while out for a walk near Forest Glen Golf Centre on Sunday night, but was saved when passersby heard him calling for help.

"He just went for a walk in the area, and as he was walking he got lost off the path and stepped into the creek, which was full of mud," said Const. Amanda Van Doren of the London Police Service. "He got stuck in there and was able to get one leg free but not the other one."

Police had to use a shovel to free the man, who was stuck up to his shin. He was unhurt, but if his calls for help had not been heard, police say he could have been in danger.

Attempted theft: Two London women have been charged following the attempted theft of an all-terrain vehicle near Wavell and Saskatoon streets Monday morning.

A witness saw a group of men removing an ATV from a residence and then getting into a van parked nearby. When police arrived, the men had fled but two women were found in the van. The ATV was found nearby.

Susan Carroll, 28, and Shelah Dubien, 25, have been charged with possession of break-in instruments and accessory after the fact.

Anyone with information can call police at 519-661-5670 or Crime Stoppers at 1-800-222-TIPS (8477).

Stabbing: A London man was taken to hospital with non-life-threatening injuries after a stabbing on Hilton Avenue on Friday evening.

When an argument turned violent, the man was allegedly stabbed by the suspect. Police say the two men knew each other.

Eugeniusz Kaminski, 51, is charged with assault causing bodily harm, assault with a weapon, and uttering threats.

Talbot Street chalk-a-block with colour, creativity over the weekend

Meaghan Meadows, 18, won the best-in-show award (and the best-in-show award as chosen by the artists) at the Imadon Expressions in Chalk Street Painting Festival on Monday, the last day of the three-day event on Talbot Street. Meadows worked 10 hours Saturday and nine Sunday to complete the piece, which features a fantasy elf in a forest. More than 25 local artists participated in the festival. For a photo gallery of all the winners, go to metronews.ca. MILA PETKOVIC/FOR METRO

SMEN 1

Mobile news

Age ain't nothin' but a number. So says William Bell, a 90-year-old U.S. athlete. Scan the code to watch him break the world record in pole vaulting for his age group.

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Boss gets respect: Hometown ribber takes judges' top prize

Secret to success.
'Balance' the key for Boss Hog's

JULIAN UZIELLI
london@metronews.ca

It was a long wait, but patience finally paid off for Tom Diavolitsis of Boss Hog's Barbecue.

After two years without a win, Boss Hog's was awarded the judges' choice for best ribs at London Ribfest on Monday.

"We're really excited," the hometown winner said after receiving the award. "It's been a tough couple of years, because the past couple years we beat up everybody everywhere we go, but in our own hometown we had a two-year drought."

Diavolitsis, 35, was born and raised in London. His Boss Hog's ribs have been competing since 2005, and last won in 2009. They were among 10 ribbers competing for the top prize at the five-day event, which also featured other food and clothing vendors and 75 bands.

So what's the secret to the best ribs at Ribfest?

"Balance," according to Diavolitsis. "There's nothing too overwhelming in our flavour. It's not too hot, but there's a bit of spice. It's not too sweet, but there's a bit of sweet. It's not too tangy, but there's a bit of tangy. So it's balance."

Among the other winners was Dillon Heuvel, 22, of London, who accepted the inaugural Metro award for showmanship on behalf of Fire Island.

Heuvel said the award was all thanks to the people behind the ribs.

"It's our staff," he said.

"I don't look at them as my staff, I look at them as my family. We're all friends."

Thanks for coming out!

Attendance up by 25%: Organizers

When it comes to whose ribs are the best, it may be a matter of taste. But one thing is certain: Londoners love their ribs.

Ribfest London organizer Doug Hillier said attendance was up by about 25 per cent this year, estimating total attendance at just below 250,000.

"Every year, we create more and more mayhem and word of mouth. People say 'You've just gotta go to Ribfest,' because it's off the hook," he said.

However, greater attendance doesn't necessarily equal greater spending.

"Some of our vendors are noticing that the people are coming in very large numbers, but they're noticing people are also being a little more cautious in their spending," Hillier said.

JULIAN UZIELLI/FOR METRO

Boss Hog's took the judges' prize for best ribs at Ribfest in Victoria Park on Monday. Festival organizer Doug Hiller, left, presents the award to Boss Hog's owner Tom Diavolitsis. MILA PETKOVIC/FOR METRO

'HEAVEN ON A BONE': AT THE JUDGES' TABLE FOR RIBFEST

Dillon Heuvel accepted the inaugural Metro showmanship award for Fire Island.

JIM REYNO
Metro London's managing editor and proud carnivore had the honour of judging this year's Ribfest.

They are words of wisdom, shared by those who have been here before, and they are well heeded by the rookie.

"Don't eat the whole rib," more than one judge cautions before you take a seat at the Ribfest judging table for the first time. "There's 10 ribs — you've got to pace yourself."

Not only that, there's breadsticks at the start to dip into the 10 sauces prepared by the 10 nationally recognized ribbers competing for top honours. You quickly learn to reduce your breadstick to a stubby, and load up on the sauce.

Then, the ribs. Immediately, it's obvious this is a special day.

Contestant No. 1's rib is probably the best rib ever. You're asked to rate the ribs on the 3 T's — taste, texture, and tenderness. The rib is cooked perfectly and the meat falls apart easily, a succulent surrender right before your very eyes.

"Heaven on a bone," the rookie says, and writes a top score of 10 in all three categories. As it turns out, Rib 1 was from Boss Hog's, voted best by the judges.

A mouthful of Mill Street Organic, and you're ready for more.

The ribs come quickly, but not too quickly. There's lots of time to savour what the ribbers have meticulously prepared. When you eat the ribs in short succession, you see (taste) that there's quite a contrast to all of them. The good news is, they're all various degrees of delicious. You can't go wrong with a rack of any of them.

You want to devour each rib completely, but you remember what the veterans told you. Pace yourself.

Still, 10 ribs are 10 ribs. Sticky fingers, but you've got to stick with it.

And you have to fight through the elements. At Rib 8, the wind blows your scoresheet on top of the plate, giving the score tabulators their very own sample of rib sauce.

By Rib 9, you're looking for a pillow and a place to stretch out.

By Rib 10, you're done. The last two ribs are like the wall people hit when they run a marathon. I guess. And despite the plentiful supply of paper towels and moist towelettes, your pen is greasy to the touch.

You leave the table, and the heaviness hits.

But it's a good heaviness, physical proof of a wonderful Sunday afternoon, and you've never been more proud of being a meat-eater. Simply put, a lot of fun.

"Excuse me," someone asks afterward. "How do you get to be a judge?"

And the winners are...

- **Best ribs (judges' choice):** Boss Hog's
- **People's choice best ribs:** Ribs Royale
- **Metro showmanship award:** Fire Island
- **Best display:** Kentucky Smokehouse
- **Best sauce (judges' choice):** Ribs Royale

The luckiest people in Victoria Park on Sunday: The judges. ANGELA MULLINS/METRO

From left, Josh Richardson, Chelsea Horncastle, Steve Mancell and Ethan Shea, all from British Columbia, play cards at the Maple Leaf pub in London, England. LAURA FORTEY/FOR METRO

Patrons at the Maple Leaf pub react as Victoria's Ryan Cochrane wins silver in the men's 1,500-metre freestyle on Saturday. LAURA FORTEY/FOR METRO

Red, white and brews at London's Maple Leaf pub

Waving the flag. Canada-themed bar in Olympic host city draws patriotic fans

LAURA FORTEY
For Metro Canada in London, England

Calgarian Mike Gusella, who said he took a detour in his around-the-world trip for the Olympics, with Metro's 'pub correspondent' Laura Fortey. For more photos of the Maple Leaf pub, go to metronews.ca/olympics. METRO

London's only Canadian pub, the Maple Leaf, has been rowdy throughout the Games.

Canadian tourists and expats have been flocking to the Covent Garden bar to cheer our athletes, said general manager Luigi Palnieri.

"The pub is always busy, but these Games have really brought out the Canadian spirit," he said.

When Victoria swimmer Ryan Cochrane won silver in the 1,500-metre freestyle, pub-goers were on their feet cheering him on. One fan, Mark Featherstonhaugh, said he has been friends with Cochrane since elementary school.

"We came to London to watch him, but couldn't get tickets. We thought the second-best place to see him would be this Canadian bar."

Calgarian Mike Gusella said it was "imperative" that he make a detour in his six-month, around-the-world adventure to come to London for the Games, no matter the price.

"I went to the '88 games in Calgary when I was 12 and I was hooked ever since," said Gusella, who was at the Maple Leaf on Saturday.

Decorated head to toe in red with a flag for a cape, Ken Ferguson from Stratford said he loves that he's in London with fellow Canucks, drinking Canadian beer and cheering on our Olympians.

"I love the Canadian perspective of this pub and the fact that it's not just here for the Olympics," said Ferguson.

Patrons said that anyone wearing red, or anything patriotic, served as a conversation starter." In between cheering during Olympic events, people seemed to reminisce about home and seemed content to share poutine and plates of nachos with strangers from the homeland.

The Maple Leaf pub in Covent Garden in London, England. LAURA FORTEY/FOR METRO

Moosehead, poutine & caesars

There's a familiar feeling to the Maple Leaf pub in London. The walls are cluttered with Canadian sports gear, Canadian flags hang from the ceiling and menu items include poutine, Molson Canadian, Moosehead and a specialty wing night. It's usually busy on Canada Day and has become the place to cheer on Canadian Olympians.

Once owned by Molson, the Maple Leaf just celebrated its 30-year anniversary. General manager Luigi Palnieri said Canadians come for the food, beer and familiarity. It might be the only place in town to get a caesar.

How authentic is the fare?

"Although they try, the poutine isn't as good as it could be because cheese curds don't pass the food safety laws in the U.K., so they have to use normal cheese," said Maple Leaf bartender Richard Hinton from Scarborough, Ont.

The Maple Leaf is popular with Brits as well.

"British people just love this pub and come here for the Canadian attitude," said Scott Palmer, a Calgarian-Londoner who wore a bear suit to the Canada vs. U.S. women's soccer game on Monday.

Although general manager Palnieri is not Canadian, he said he loves working at the Maple Leaf and never has trouble finding or keeping Canadian staff, who make up 90 per cent of the employees. "I love Canadians. They are always so friendly and smiling and they work hard."

LAURA FORTEY/FOR METRO

Taste of home

Expats crave Timmies coffee, KD

A few doors down from the Maple Leaf pub is a Canadian food store that is popular with expats looking for a taste of home. The shop started as an Australian food shop and over the years added South African, New Zealand and Canadian items to its stock.

Kraft Dinner sells for $2.65 at the Canada Shop. LAURA FORTEY/FOR METRO

"Sometimes I go to the Canadian food shop just to get Clamato juice to make caesars. It's the only place I can get it," said Sarah Weber, a Londoner originally from Orillia, Ont. Ty Flavell, business manager of the shop, said Canadians get really excited to see items from home, especially Tim Hortons coffee, Kraft Dinner and Lay's Dill Pickle chips. "Over the past week Canadians have been rushing in here last minute for Canadian flags to wave at the Games," said Flavell. The cost of home?

- Tim Horton's coffee (343g): $17.55
- Lay's chips (40g): £1.30 ($2)
- Cleary's Maple Syrup (250mL): £8.15 ($12.70)
- Cans of Molson Canadian: 1=$3 6=$16.40 24=$58.50.

LAURA FORTEY/FOR METRO

Canada Shop manager Ty Flavell with two best-selling items — Kraft Dinner and Tim Hortons coffee. LAURA FORTEY/FOR METRO

Syria

Aide describes PM's defection

Syria's prime minister began planning his break from the regime two months ago when Bashar Assad told him to take the job or die.

The full scope of Riad Hijab's carefully executed flight to the rebel side — described by an aide — reverberated Monday through Syria's leadership. Hijab is the highest-ranking official to defect.

THE ASSOCIATED PRESS

Japan

Videos document nuclear crisis

The command centre at Japan's stricken nuclear plant shook violently when hydrogen exploded at one reactor, and the plant chief shouted, "This is serious! This is serious!" videos taken during last year's post-quake crisis reveal.

Tokyo Electric Power Co. initially refused to release the footage, but the company is now under state control and was ordered to do so.

THE ASSOCIATED PRESS

CSIS

Group tasked with torture questions

A secret high-level committee at Canada's spy agency is tasked with deciding whether information received from abroad is tainted by torture, declassified records show.

The Information Sharing Evaluation Committee also helps CSIS decide whether to send information to foreign agencies in cases where it might lead to mistreatment.

THE CANADIAN PRESS

Olympic distraction

Bottle-thrower no longer welcome

An Olympic spectator accused of hurling a plastic bottle onto the stadium track seconds before the men's 100-metre final pleaded not guilty Monday to creating a public nuisance.

A judge also banned Ashley Gill-Webb, 34, of Leeds in northern England, from any Olympic venue and the entire Olympic Park for the duration of the Games.

THE ASSOCIATED PRESS

Mars rover sends back first images

Touch down. NASA's seventh landing a success after 'seven minutes of terror'

One of the first images taken by NASA's Curiosity rover. NASA/GETTY IMAGES

The robotic explorer Curiosity's daring plunge through the pink skies of Mars was more than perfect. It landed with spectacular style, said a NASA scientist who described the first images of its gymnastics through the so-called "seven minutes of terror."

Hours after the U.S. space agency learned the rover had arrived on target late Sunday, engineers and scientists got the first glimpses of the intricate manoeuvres it made to hit the Martian soil safely.

"It's a spectacular image," said NASA research scientist Luther Beegle. The photo, taken from an orbiting Mars spacecraft, shows Curiosity dangling from its supersonic parachute as it descended.

Extraordinary efforts were needed for the landing because the rover weighs about one ton, and the Martian atmosphere is very thin, not offering much friction to slow the spacecraft down.

The arrival was an engineering tour de force, debuting never-before-tried acrobatics as Curiosity sliced through the Martian atmosphere at 20,900 km/h.

The extraterrestrial feat injected a much-needed boost to NASA, which is debating whether it can afford another robotic Mars landing this decade. At a budget-busting $2.5 billion, Curiosity is the priciest gamble yet, which scientists hope will pay off with a bonanza of discoveries and pave the way for astronaut landings.

THE ASSOCIATED PRESS

Mission to Mars

Canada plays a role

NASA's Mars rover Curiosity will use a Canadian-made instrument the size of a soup can to gather information that will help Earthlings answer important questions about our own planet, according to the Canadian Space Agency.

"The object of the mission is to see if Mars ever had, or still has, the conditions to support life," Canadian Space Agency director of space exploration projects Stéphane Desjardins said Monday. "What happened to Mars? How come it lost its atmosphere? It's important to find out about that, since both planets, we believe, were similar."

Curiosity's built-in-Ontario Alpha particle X-Ray Spectrometer (APXS), attached to a robotic arm, will play a key role in collecting data, Desjardins said.

When the arm points the APXS to a rock or soil sample, the instrument can detect what it is made of, he said.

JESSICA SMITH/METRO IN OTTAWA

Sikh temple shooter ID'd as a neo-Nazi, ex-soldier

The gunman who killed six people inside a Sikh temple in Wisconsin and was killed in a police shootout was a 40-year-old army veteran, officials said Monday, and a civil rights group identified him as a "frustrated neo-Nazi" who led a white supremacist band.

Police called Sunday's attack an act of domestic terrorism. The FBI said there was no reason to think anyone else was involved in the attack, and they were not aware of any past threat made against the temple.

Wade Michael Page

The shooter was Wade Michael Page, said First Assistant U.S. Attorney Greg Haanstad in Milwaukee. Page was discharged from the army in 1998 and declared ineligible to re-enlist, according to a U.S. defence official who spoke on condition of anonymity because he was not authorized to release information about the suspect.

Officials and witnesses said the gunman walked into the Sikh Temple of Wisconsin and opened fire as several dozen people prepared for Sunday morning services. Six were killed, and three were critically wounded.

The federal Bureau of Alcohol, Tobacco, Firearms and Explosives said the gunman used a legally purchased 9-mm handgun and multiple magazines of ammunition. Local authorities said they had no contact with Page before Sunday.

The New York-based Sikh Coalition has reported more than 700 incidents in the U.S. since the Sept. 11, 2001, terrorist attacks, which advocates blame on anti-Islamic sentiment. Sikhs are not Muslims, but their long beards and turbans often cause them to be mistaken for Muslims, advocates say.

U.S. President Barack Obama told reporters Monday that Americans would "recoil" at the violence if ethnicity were a factor. "We are all one people and we look after one another," he said. THE ASSOCIATED PRESS

People console each other Monday near the Sikh Temple of Wisconsin where a gunman shot at people during a service in Oak Creek, Wis. At least six people were killed. DARREN HAUCK/GETTY IMAGES

Quoted

"We never thought this could happen to our community. We never did anything wrong to anyone."

Devendar Nagra, brother of woman who narrowly escaped the shooter

Helium shortage. Medical research up in the air

A dwindling supply of helium worldwide is putting more than the future of party balloons in jeopardy.

The precious, non-renewable gas has important applications related to manufacturing, scientific research and medical care — including cutting-edge research on respiratory illness at an Ontario laboratory.

As the shortage grows, the rising cost has put that research into question.

"It's made it difficult to do the research because it's extremely expensive," said Grace Parraga, a professor and researcher at the Robarts Research Institute at the University of Western Ontario.

Even at a discounted price for scientific research, she said her laboratory pays $795 per litre. That's up from $300 not so long ago.

THE CANADIAN PRESS

Raising concerns

For research, helium is dispensed into the lungs and tracked on a monitor, allowing researchers to directly measure the impact of different treatments for the first time. They have tested other gases, but none work as effectively as helium, which isn't harmful when inhaled.

Safety regulation

Don't drink and fly

Australia's air safety regulator says Qantas Airways Ltd. has suspended a pilot for attempting to fly while under the influence of alcohol.

The Civil Aviation Safety Authority said Monday the woman exceeded the limit for pilots of 0.02 per cent.

THE ASSOCIATED PRESS

Electronics retailer

Best Buy going private?

Best Buy's founder Richard Schulze said Monday he wants to take the electronics retailer private by buying up all of its shares he doesn't already own in a deal that values the company at $8.84 billion US. THE ASSOCIATED PRESS

Gibson to pay penalties for exotic-wood violation

Settlement. Guitar-maker plays the blues — to the tune of more than $600,000 US in penalties, claims

Gibson Guitar Corp. avoided a criminal prosecution after the instrument maker acknowledged its importations of exotic wood violated environmental laws.

Nashville-based Gibson agreed to pay a $300,000 US penalty, forfeit claims to about $262,000 worth of wood seized by federal agents and contribute $50,000 to the National Fish and Wildlife Foundation to promote the conservation of protected tree species.

Gibson Guitar CEO Henry Juszkiewicz speaks about a raid by federal authorities, at the plant in Nashville, Tenn., in this 2011 file photo. SAMUEL M. SIMPKINS/THE TENNESSEAN/THE ASSOCIATED PRESS

Busted

"The problem is that virtually every instrument prior to 1970 contains Brazilian rosewood."

George Gruhn, who owns a vintage guitar shop in Nashville, on the endangered wood Gibson Guitar used in its products.

Gibson didn't immediately respond to a request on Monday for comment. The privately held company is considered one of the top makers of acoustic and electric guitars, including the iconic Les Paul introduced in 1952.

Gibson's decision to cooperate with the federal Lacey Act banning the import of endangered wood products stood in contrast to a publicity campaign mounted in protest after agents raidewd Gibson facilities in Memphis and Nashville.

Republicans and tea party members had rallied behind CEO Henry Juszkiewicz at the time he denounced the raids as overzealous federal regulation that threatened American jobs.

He vowed at the time the company would "fight aggressively to prove our innocence."

The settlement says a Gibson employee learned during a 2008 trip to Madagascar — the source of some of the ebony wood that was seized — that it was illegal to import unfinished wood and sent a report about it to his superiors.

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LIVE FROM LONDON: KEEP CALM AND LINE UP

SHE SAYS...
Jessica Napier
metronews.ca/voices/she-says

This week I'm reporting live from London, England at the 2012 Summer Olympics. No, not because some glamorous media organization paid for my airfare and hotel expenses in exchange for my witty sports commentary, but because my cousin decided to get married. In England. During the middle of the Olympics. Did I mention he's actually from America? You've got to love family.

Yes, I have the distinct pleasure of being an unintentional tourist in a city gripped by Olympic madness. As a less than enthusiastic sports fan — I'd prefer to watch an intense episode of Big Brother over an hour of long-jumping — it's rather ironic that I've found myself in the epicentre of the world's largest sporting event.

Medal-worthy travelling

"Having never travelled to an Olympic host city during the actual games (because why would you?) I thought this would be a remarkable new experience."

Having never travelled to an Olympic host city during the actual Games (because why would you?) I thought this would be a remarkable new experience. Sure, my plane tickets were twice as expensive and all of the hotels have been reserved for the Sultans of the International Olympic Committee and their assorted entourages, but how exciting to be in the heart of London where all the action is taking place.

I read in the Daily Mail that there are almost twice as many troops on the streets of London compared to the U.K.'s current deployment in Afghanistan. When I arrived, I expected the city to look as if it decided to host a fortnight's worth of New Year's Eve parties during the Second World War and invited the entire planet to come watch.

In reality, I haven't seen any army folk, although that could be because they have been positioned to fill empty stadium seats. I actually have no idea if the Olympics are still happening. I've spent hours stuck in lineups (sorry, we're in England, so "queues") and squished into packed buses with sweaty spectators and disgruntled commuters. Every day is my own personal marathon of patience and endurance.

Rumour has it that there are some actual sporting events going on in the east end, but the teenage hooligans hurdling over the turnstiles at King's Cross are the closest I've come to witnessing any impressive athletics.

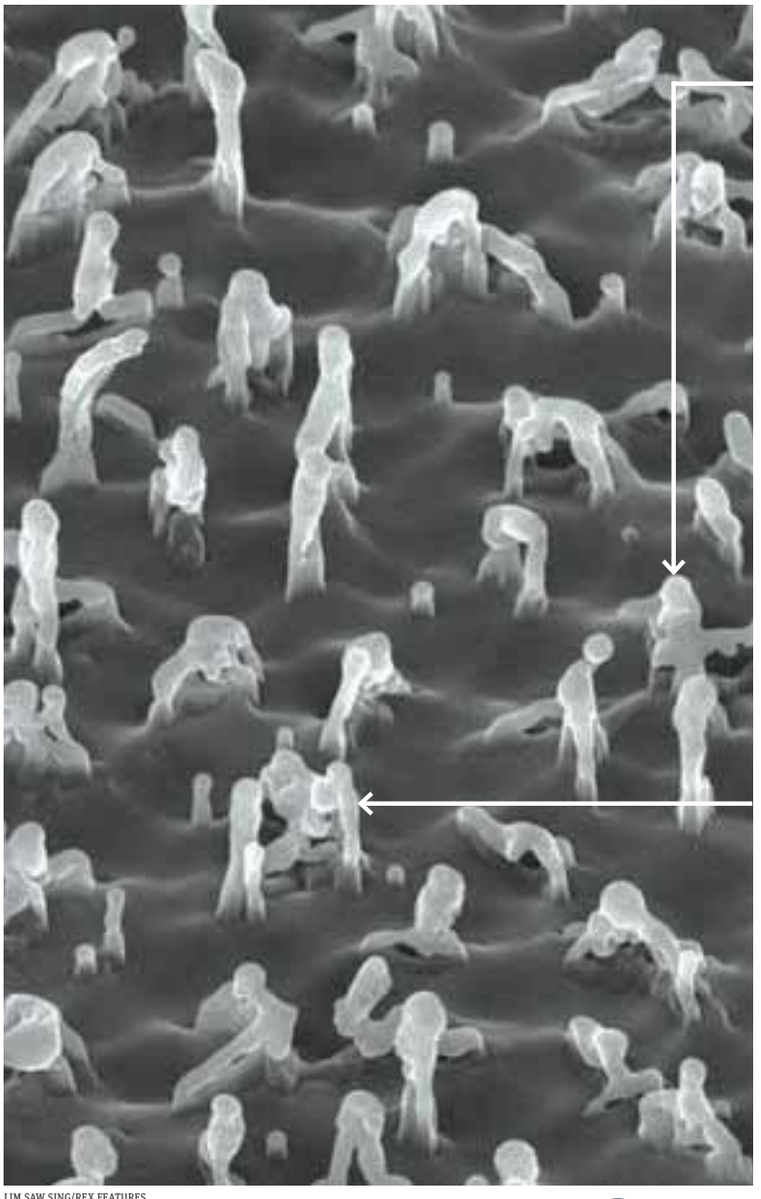
In the end, the crowds and the traffic jams and even the rain have not dampened the spirits of the British sports fans. Most of them have kept a stiff upper lip about the city-wide takeover, the rest of them have taken off to other European destinations to escape the pandemonium.

My main coping strategy to survive the city-wide mania? Find the closest pub, order a pitcher of Pimm's and join the locals in cheering on Team GB.

Follow Jessica Napier on Twitter @MetroSheSays

A little lost in London? Cheer for Team GB to mesh with the crowd.
DAN KITWOOD/GETTY IMAGES

'Nudist beach' under the microscope



LIM SAW SING/REX FEATURES

Electric orgy?

Semiconductor nudes win contest

This curious photograph appears to show a large orgy of people, frolicking naked on a beach. But it's actually an electron image taken under the microscope. The bizarre shot is the winner of the 'Art of Failure Analysis' photography competition, run by the IEEE (Institute of Electrical and Electronics Engineers). METRO

Contest facts

- The contest sees engineers showing off the fun side of their research in microelectronics technology. The analysts work on 'failure analysis,' the process of investigating why a particular electronic component fails.
- The main judging criteria is the aesthetic aspect of the image.

Nudist colony

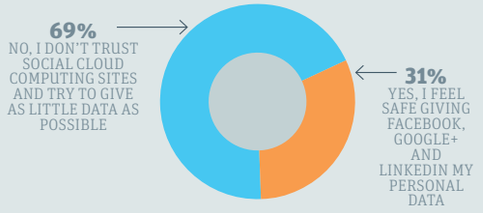
What the image actually depicts

The winning image, entitled People on the Beach by Lim Saw Sing, who works at German semiconductor manufacturer Infineon Technologies' facility in Kulim, Malaysia, depicts a polyimide surface after exposure to reactive ion etching and sputter coating. But for Sing, the image of the semiconductor shows nudists cavorting on a beach. METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Is your data safe in the cloud?


69%
NO, I DON'T TRUST SOCIAL CLOUD COMPUTING SITES AND TRY TO GIVE AS LITTLE DATA AS POSSIBLE
31%
YES, I FEEL SAFE GIVING FACEBOOK, GOOGLE+ AND LINKEDIN MY PERSONAL DATA

Twitter

@twocrownking: There used to be a time when following people could land you in jail.

@MikeMarsman: I don't squirm at the sight of spiders, but that one scared the hell outta me.

@GoLondonKnights: Happy 18th birthday wishes go out to Knights forward AA @AndreasA86

@CanadianCheri: Learning not to pout when I don't get what I want, is my goal for today.

@JoJennings33: So all the good sports at the #Olympics are done. Just the dumb ones are left... like Steeplechase.

@saucyjane: Nothing sends a four-year-old running like a teachable moment.

metro
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DVD reviews

Dr. Seuss' The Lorax

Directors. Chris Renaud, Kyle Balda

Stars. Zac Efron, Taylor Swift, Danny DeVito

●●●○○

It has Dr. Seuss in the title, but not in its soul. This CGI-rendered and 3D-padded screen adaptation of The Lorax,the eco-themed 1971 tale by the late Dr. Seuss, feels like just another studio cartoon. There's loads of bright colour, but little of the enchantment of more Seussian screenfuls. The Lorax presents a walled and tree-less place named Thneed-Ville, a synthethic suburb where people worship plastic instead of plants. Not everyone, though: teen cutie Audrey (Taylor Swift) yearns for a real tree, and her lovestruck swain Ted (Zac Efron) aims to oblige.

He sets off on a voyage outside Thneed-Ville's confines. The enviro message is all to the good, but the characters just don't do Seuss justice.

PETER HOWELL

Marley

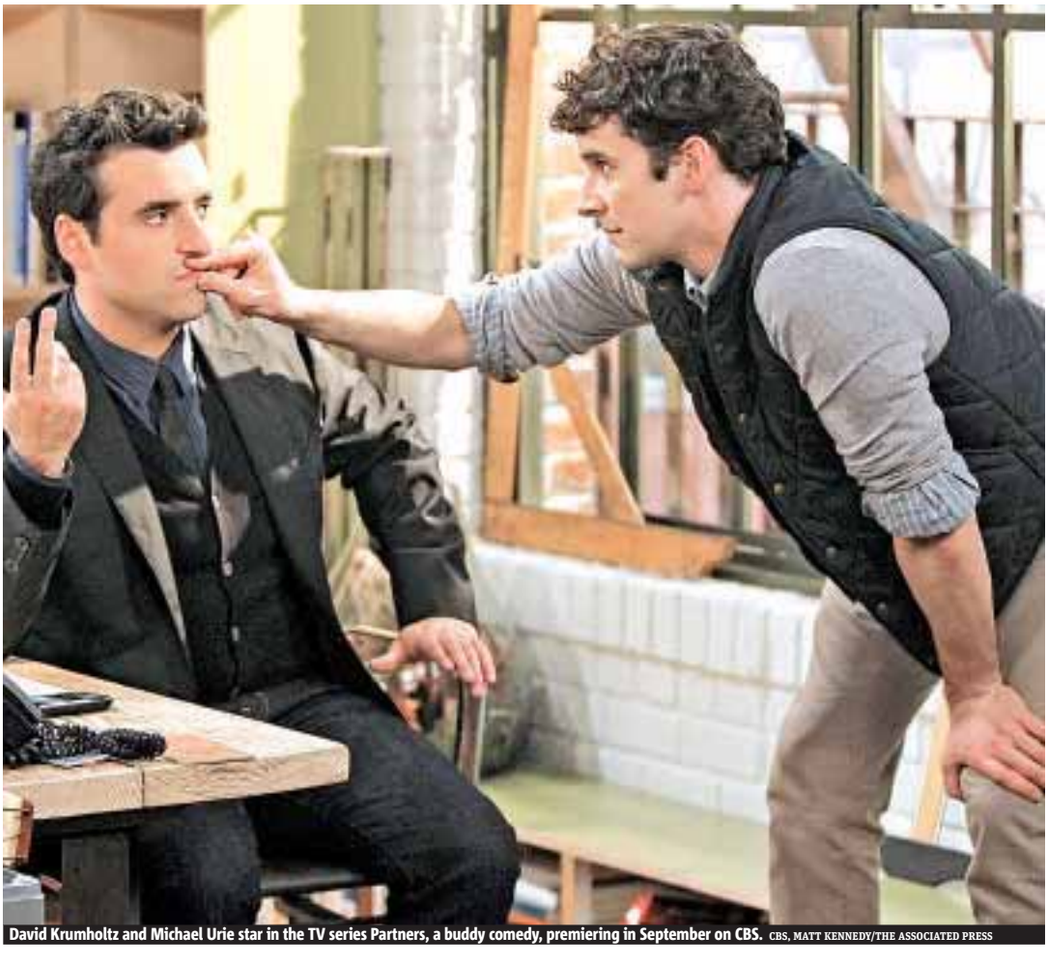
Director. Kevin Macdonald

Stars. Bob Marley, Ziggy Marley, Jimmy Cliff

●●●●○

A leisurely but thorough biodoc of Jamaican reggae great Bob Marley, showing how the humble man became the superstar artist. Oscar-winner Kevin Macdonald (One Day in September) canvasses every aspect of Marley's brief life. Everyone's heard from, including Marley's widow Rita and a couple of his former mistresses.

PETER HOWELL



David Krumholtz and Michael Urie star in the TV series Partners, a buddy comedy, premiering in September on CBS. CBS, MATT KENNEDY/THE ASSOCIATED PRESS

'It's like there should be a show about it!'

Laughing at real life.
New sitcoms draw inspiration from their creators' worlds

Partners

"I think every gay man should have a straight man in his life."

Max Mutchnick, co-creator with David Kohan of the new CBS series Partners. The best-friends dynamic in the TV comedy is inspired by the friendship of Mutchnick and Kohan.

Got a goofy older brother? Parents you still live with even though you're grown up? An unconventional friendship?

If so, you're too late to turn those ideas into a hit sitcom.

But while you comb your life for something else to fuel a comedy that a network will love, consider three fall sitcoms spawned from the personal lives of their creators.

CBS' Partners explores the lifelong friendship of Louis, who's gay, and Joe, who's straight, as they navigate their architecture business and their respective romantic ties. Their best-friends dynamic is inspired by the friendship of Max Mutchnick and David Kohan, who met in high school and, after partnering as TV producers, co-created shows including the megahit Will & Grace.

There's no attempt to hide the lineage of Fox's Ben & Kate. It's the tale of a free-wheeling brother, Ben, who comes back into the life of his single-mother younger sister, Kate, to serve as a surrogate dad while continuing his lifelong role as a mischievous child. The show is based on the relationship of its creator, Dana Fox, with her own big brother, whose name is, yes, Ben.

Meanwhile, ABC's How to Live with Your Parents for the Rest of Your Life finds a young mom from a broken marriage seeking refuge at her parents' with her young daughter. It was drawn from the domestic situation of creator Claudia Lonow, who well into adulthood and despite career success, including producing the sitcom Less than Perfect, continues to live with parents she describes as "charismatic," "super entertaining" and "very weird."

"I've been living there for 15 years, and I've been (developing) the show for about 12," Lonow told reporters this week at the Television Critics Association conference.

Like Polly (played by Sarah Chalke), who descends on TV parents Brad Garrett and Elizabeth Perkins, "I did show up at their doorstep and say, 'I hope this isn't a bad time for YOU, because it is for ME.'

"They reacted like any loving mother and stepfather would," Lenow recalled, and took her and her daughter in.

"We slept in the weight room on a cot for a while. And then, when it was time for my daughter to go to grammar school, I bought a house with them. I know it was crazy," she said with a laugh.

"It's like there should be a show about it!"

Sitcoms that smack of autobiography are nothing new, of course. I Love Lucy, 60 years ago, took its cue from the show-biz-infused marital life of Lucille Ball and Desi Arnaz.

But Dana Fox has been gathering material for Ben and Kate since the cradle thanks to her brother, Ben, who's two years her senior.

She describes him as a "Ferris Bueller-type guy ... a really, really smart guy who intentionally does incredibly dumb things that would get us into so much trouble. "He usually has a totally bizarre logic to all of his behaviour."

THE ASSOCIATED PRESS

SCENE

On the web

Wildlife fan Betty White loved The Lorax's environmental message

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Miley Cyrus

Vintage ring all fiancé's idea, Cyrus says

Miley Cyrus says her impressive vintage engagement ring was all fiancé Liam Hemsworth's idea. "I had no input," she tells Marie Clare. "I saw it online at one point and thought it was really pretty. I just love that it's old and has a story. And I'm happy because it doesn't look like anything else I wear." The 18-carat ring was hand-cut in the late 1800s. And it sounds like it will be the only thing on her finger for a while: "I don't really care about the wedding or the piece of paper as much as I do the promise we've made to each other," she says. "And we want to have a long engagement."

Prince William

Prince William able to avoid 'kiss cam' so far

Prince William may be used to living his life in public as a member of the royal family, but that doesn't mean he's thrilled about public displays of affection — especially when it's broadcast on a massive screen at an Olympic event. "I was absolutely dreading they were going to come and show myself and my wife, and that would have been very embarrassing," William says of the idea of he and Kate Middleton showing up on the "kiss cam" at London's Olympic Velodrome. So far, they've evaded the cam's gaze.

Another hit-and-run accusation against Bynes

Amanda Bynes

Amanda Bynes is facing accusations of a fourth hit-and-run collision in as many months. According to TMZ, a Los Angeles woman claims Bynes rear-ended her and — after a brief conversation during which the actress "looked like a hot mess" — took off without exchanging insurance information. The woman says Bynes "seemed nervous about" exchanging info and kept insisting the damage to the woman's car didn't look that bad. Bynes was arrested on suspicion of driving under the influence in April after she hit a sheriff's car, and she was allegedly involved in two hit-and-run incidents in May.

The Word

THE WORD
Monica Weymouth
scene@metronews.ca

Fighting words from Elton John

We're professional gossips over here. Trash talking, unnamed "sources," Twitter fights among grown men: It all comes with the territory, and there's not much that surprises us in this post-Real Housewives world. Except, of course, for Mean Girl at Large, Elton John.

During an interview with Australian TV host Molly Meldrum, Elton let loose when discussing Madonna.

"Why is she such a nightmare? Sorry, her career is over," he said. "Her tour has been a disaster and it couldn't happen to a bigger c—."

We feel a back-handed compliment coming on: "If Madonna had any common sense she would have made a record like Ray Of Light and stayed away from the dance stuff and just been a great pop singer and make great pop records, which she does brilliantly," he continued. "But no, she had to go and prove she looks like a f—ing fairground stripper."

Now, do we agree with him? No. But we do respect his expertly conjured tornado of British crankiness and rhinestone platforms.

Robert Pattinson

Pattinson out of hiding

Robert Pattinson has come out of hiding, reportedly stepping out for the night this weekend with pals at a bar near Reese Witherspoon's ranch in Ojai, Calif, where he's apparently been laying low since news broke of girlfriend Kristen Stewart's infidelity, according to Us Weekly.

Pattinson "seemed to be having an amazing time" having "a few drinks and laughs" with a group of male friends, a patron at the Deer Lodge bar says. "He looked like a guy that was trying to enjoy himself and get away. Seems like a good kid."

Macaulay Culkin ALL PHOTOS GETTY IMAGES

Culkin not Home Alone as tabloids claim illness

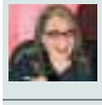
While tabloid stories claim he's dealing with a massive heroin addiction, Macaulay Culkin made an appearance over the weekend at Natalie Portman's wedding in Big Sur, Calif., according to Us Weekly. Culkin and Portman have been close friends for years, and the Home Alone star was spotted in February playing with Portman and her infant son, Aleph — right around the time photos surfaced of him looking gaunt and thin, sparking rumours about health issues.

"Macaulay Culkin is in perfectly good health," his rep said at the time. Culkin also popped up this week looking energetic and happy in a YouTube video promoting Macaulay Culkin's iPod, a monthly party he hosts at a bar in New York City.

Twitter

@wossy
Am playing a drinking game called Ring of Fire. With my children. I am the posemaster.

@jessicaalba
Got to get showered dressed & out the door family in tow in 20 min - GO!



@TheRealRoseanne
i am no longer running against 3rd party candidates! I'm RUNNING AGAINST ROMNEY AND OBAMA on behalf of the people of the USA! peace&freedom!

@AlbertBrooks
To silver and bronze medalists, contact me. I know a guy downtown that will turn those into gold

You can still enjoy the weather while doing a number of different workouts. ISTOCK PHOTOS

Intense training can keep that summer sagging away

30 minutes every day. You don't need to put in big workouts to keep in shape in the summer but you do need consistency

CELIA MILNE
life@metronews.ca

"I don't have time" doesn't cut it as a reason to not exercise.

Short, intense workouts can hugely improve your fitness.

"Go hard for various bursts of time and then earn a few seconds of rest. These types of workouts can be done in just 30 minutes and are definitely effective," says Sammie Kennedy, CEO and creator of Booty Fit Express in Toronto. We asked her to design some cottage workouts.

People used to think you had to exercise for long periods of time (such as going for an hour-long run) to get fit.

Then, in 1996, Japanese research Dr. Izumi Tabata discovered that only 20 seconds of very intense exercise, followed by 10 seconds of rest, repeated eight times, has both anaerobic and aerobic benefits.

"High-intensity interval training (HIIT) is incredibly time efficient and can result in improved athletic capacity and fat burning," says Kennedy.

And the bonus is that it has lasting benefits.

"It can also increase resting metabolic rate for up to 24 hours after the workout has been completed."

Some exercises

These exercises can be adapted for those who have an injury. The point is to move intensely (and safely!), rest — and repeat. Here are a few Tabata-style exercises Kennedy recommends.

- **Number 1.** In the water, tread water or swim rapidly for 20 seconds, take a 10-second rest. Repeat eight times. (Have a pool noodle beside you for the break)
- **Number 2.** Sprint from the cottage to the road (20 seconds), rest for 10 seconds. Repeat eight times, back and forth.
- **Number 3.** Grab a yoga mat and get on the dock for burpees! Do 20 seconds of deadman burpees (body coming all the way down to the mat), rest for 10 seconds; repeat eight times.

Best Health

Know your family tree of health

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Do you know the health secrets your ancestors hold? Or even those of your parents? It's important information.

In the September issue of Best Health, coming to newsstands any day now, we've included a comprehensive article about how to best defend against hereditary health issues such as Alzheimer's disease, depression and stroke.

Tip #1:
Create a three-generation chart including siblings, parents, aunts, uncles, cousins and grandparents. Note beside each what known health issues they have, or had.

Tip #2:
Write down any major illness you have had, and list your lifestyle habits — healthy or not.

Tip #3:

Know your tree. ISTOCK PHOTOS

Speak with your parents about their health background, but don't be surprised if they don't really want to have the conversation — persevere. If your parents are no longer alive, ask an aunt or uncle if they know of family health issues.

Or, refer to copies of family death registrations to find out cause of death.

Tip #4:
Be organized and keep any information you've gathered in a digital document. Let other family members know what you have prepared so they can become more knowledgeable, too. For more family health background tools, pick up Best Health magazine.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

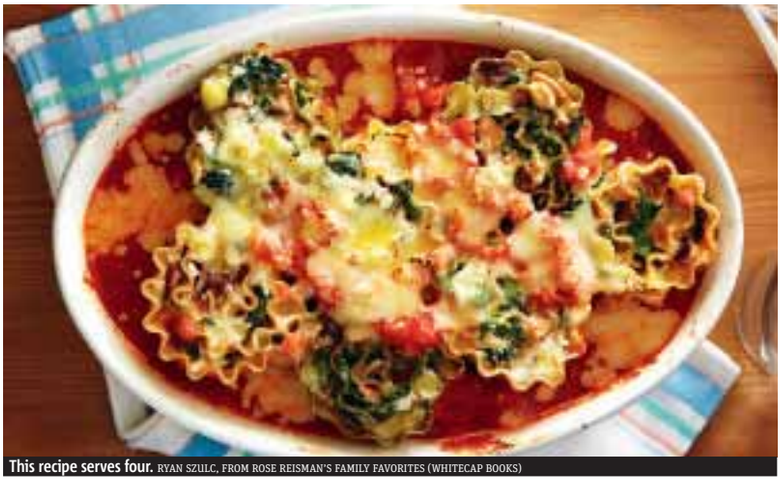
On the Web

Study describes genetic events that lead to malignant childhood brain cancers

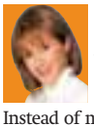
METRO AUCTIONS.CA

Thousands of $$$ in online auction items starting September 7, 2012!

Veggie lasagna gets all rolled up



This recipe serves four. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)



ROSE REISMAN
for more, visit
rosereisman.com

Instead of making the usual lasagna, opt for this Mushroom and Spinach Miniature Lasagna Rolls version. I love the idea of rolling cooked lasagna sheets to make individual servings. This is a great vegetarian dish that has all the nutrients you need.

1. Preheat the oven to 400 F.

2. Bring pot of water to boil. Add lasagna noodles and cook for about 8 minutes or until the noodles are just tender, stirring often but carefully. Drain and rinse with cold water. Set aside.

3. Coat a large skillet with cooking spray, add the oil and set over medium-high heat. Add onion and garlic and sauté for 5 minutes. Add mushrooms and sauté for 5 more minutes or just until mushrooms are no longer wet. Add spinach and allow to wilt, about 3 minutes. Remove the skillet from the heat and add the ricotta, mozzarella and Parmesan cheeses, mustard, salt and pepper.

4. Place mix in bowl of food processor and pulse on and off until it is uniformly chopped.

5. Pour 1 cup of tomato sauce into a 9 x 13-inch or 11 x 7-inch casserole dish. Spread about 1/4 cup of cheese mix along length of each sheet. Roll up each noodle and cut in half. Place in baking dish with the ruffled side of lasagna facing up. Pour remaining 1/3 cup of tomato sauce over and sprinkle with grated mozzarella cheese. Cover with foil and bake to 25 minutes or just until heated through and the cheese is melted. Serve hot.

Ingredients

- 8 lasagna noodles
- 2 tsp vegetable oil
- 1 1/2 cups chopped onion
- 2 tsp finely chopped garlic
- 3 cups chopped mushrooms
- 4 cups fresh baby spinach
- 3/4 cup light ricotta (5%)
- 2/3 cup shredded mozzarella
- 1/3 cup grated Parmesan
- 1/2 tsp Dijon mustard
- pinch of salt and pepper
- 1 1/3 cups tomato sauce
- 3 tbsp shredded mozzarella cheese

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Mushroom and Cheese Toasties. These bites take just 15 minutes to make

1. Heat the oil in a large frying pan, add the mushrooms and cook over a high heat for 4-5 minutes or until the mushrooms are golden brown. Remove from the heat and season to taste with salt and pepper.

2. Preheat the grill. Place the muffins, cut side up, on the grill rack and toast on both sides. Place cut side up and spread some of the tomato chutney on each muffin. Top with the mushrooms and a sprinkling of cheese.

This recipe serves four. NEWS CANADA

3. Cook the muffins under the hot grill for 1-2 minutes until golden brown and the cheese is bubbling. Serve hot.

Ingredients

- 1 tbsp vegetable oil
- 250 g closed cup mushrooms, sliced
- Salt and freshly ground black pepper
- 2 wholemeal muffins, split
- 4 heaped tsp tomato chutney
- 50 g mature cheddar cheese, grated

NEWS CANADA/ MUSHROOMS.CA

Teaching new skills

A finishing school in 2012?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Concluding my ocean crossing last week, I had the pleasure and honour of visiting a business colleague Madame Viviane Neri in Montreux, Switzerland.

Now Madame Neri owns one of the world's most famous and well-respected ladies finishing schools. While we were touring the school, I asked Madame Neri what I perceived as an innocent but most relevant question on all of our minds. Why do women need to go to a ladies finishing school in the year 2012?

Well foolish me for asking the question, because I certainly got a bit of a well-deserved earful.

We ignorantly think of ladies finishing schools as something antiquated, where ladies are taught how to dress and be a "perfect hostess" in a world where the man works and the lady stays home and lives and breathes to make her home the best.

But finishing school in 2012 has nothing to do with ladies who lunch. It is focused on training women to become professionals at international business.

It may seem silly to some, but understanding cross-cultural communication and being able to use these to your advantage in business gives you a distinctive advantage.

A woman like Queen Elizabeth II, for example, conducts international public relations, events and ceremonies on behalf of the government, but in her case she was taught these skills at home.

Today, the modern woman goes to this type of school to learn these vital skills.

During the six-week program students learn correct international table manners, table setting, correct and appropriate conversation and how to position this knowledge to their strict advantage.

This school is so tough it has 45 exams during the six weeks in order to graduate with a diploma.

Remember, many business deals occur in places other than a boardroom, and this is where the Institut Villa Pierrefeu has a distinct advantage as the oldest finishing school.

So who is the typical student?

Well, interestingly enough, women attend the school from North America, the Middle East and Asia, making it truly a global program. Everyone from the middle class, all the way up the social ladder to royal family members make up today's typical classroom.

I would be remiss if I did not mention that the head instructor at this school is Mrs. Rosemary McCullum, a born and raised Canadian.

When I found this out, I was once again reminded of one of the many reasons I am so proud to be a Canadian — the Swiss have imported a fellow Canuck to teach international manners to the world.

Teens schooled on ending their relationships in a healthy way

Avoiding potential violence. Program aims to help kids break up without any serious acrimony

When it comes to relationships, experts say that teens are being strongly influenced by popular culture. ISTOCK

Andrew Curtin said it happened at least twice at his Boston-area high school in the last year. Angry about a breakup, a boy ended up at the school nurse's office with a broken hand after punching a locker or a wall.

But he was among about 250 teenagers at a seminar at Simmons College on Thursday. And the dating advice was coming from an unlikely source: City government officials.

Boston's Public Health Commission partnered with local social service agencies to put on its third annual Break-Up Summit for teens as part of a $1 million, four-year grant from Robert Wood Johnson Foundation.

Nationwide, the $18 million program known as Start Strong is aimed at teaching teens in 11 cities to prevent dating violence by ending relationships in a way that doesn't spark negative behaviour — cheating, public humiliation, or worse.

Nicole Daley, who heads Boston's Start Strong program, said a bad teenage relationship can lead to problems like depression, low self-esteem, falling academic grades, and even unwanted pregnancies in cases where one partner tries to manipulate the other. There's also the risk of a physically dangerous confrontation.

Recent studies by the Centers for Disease Control and Prevention showed about 10 per cent of students nationwide reported a boyfriend or girlfriend had physically hurt them in the last year. CDC statistics also showed that among adults who were victims of rape, physical violence or stalking by an intimate partner, 15 per cent of men and 22 per cent of women first experienced some kind of partner violence when they were between 11 and 17 years old.

Teens who were part of Thursday's seminar described a dating scene where social media can make ending relationships even more emotionally fraught.

Many said that changing one's Facebook status back to "single" was the worst way to break up with a significant other.

Other teens talked about breaking up by sending a text message, or being on the receiving end of one.

Counsellors at the forum urged teens to communicate with partners about relationship boundaries, together defining whether they were "just texting," casually "hooking up," "friends with benefits," or in a monogamous relationship.

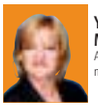
They also encouraged students to end relationships with face-to-face contact, and to look for warning signs that ongoing relationships could turn abusive.

THE ASSOCIATED PRESS

The real estate market could come tumbling down. ISTOCK IMAGES

Is the real estate market sagging? Adopt a strategy for an uncertain future

Alison's Money Rule. Saving, patience and sweat equity should spell success in housing market



YOUR MONEY
Alison Griffiths
money@metronews.ca

A financial shiver just swept across Canada. It started in Vancouver but was soon felt on the Prairies, central Canada and even the Atlantic provinces. Real estate. Is it heading for a fall?

In July the mighty west coast market blinked. Sales were down 18 per cent compared to 2011, the lowest level since 2000.

Real estate was sagging back in the Y2K days because everyone wanted technology. Then, when the tech bubble burst investors, savers and speculators piled into the only secure investment thought to exist — real estate.

What followed has been one of the longest running real estate bull markets in Canadian history. It may be over, or not. Either way those wanting to get into the market or upgrade should adopt a strategy that puts them in a good position if prices really dive. Should the market stay steady you will still be better off by reducing future debt levels.

1. Save, save, save

Building up a strong cash position is job one. Even if prices increase slightly (which they have in many markets despite sales numbers dropping), having lots of cash means a smaller mortgage. Interest rates will rise eventually and could rapidly turn an affordable abode into a financial albatross.

2. Develop skills

Sweat equity is one of the best ways to get into the real estate market or boost your real estate investment. You may not know a soffit from a joist hanger but you can learn. Offer to help friends renovate, take a course or volunteer for a community-building project. DIYers can save anywhere from 15 to 80 per cent on various repairs and renovations. With skills you can consider purchasing a fixer upper.

3. Have patience

Don't get sucked into the belief that the market will run away from you. Yes, it would have been nice to buy in Toronto or Calgary circa 1995 but it is more important to ensure you can afford what you buy 10 years from now, regardless of interest rates, than to get in before another real estate explosion.

In numbers

3-5 years

The average length of a flat real estate market following a correction or crash.

You've got high hopes to retire early, so pick it up

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

The BMO Retirement Institute released their Approach to Retirement report last week which revealed that young Canadians aged 18 to 34 have ambitious retirement plans, but nearly one third haven't saved a penny.

If you're young and don't have two nickels to rub together, pick it up!

Thankfully the report also indicates that the millennial generation, of which I am one, does think saving is important.

We've also got more tools to help us plan smarter than any generation that's come before us. On the flip side, however, our generation struggles with higher debt levels, less job security, smaller pension plans, and greater cost of living; all of which contribute to a more pressing need to save more earlier on. If you're budget is maxed, start small — I challenge you to save $1 per day. I was holidaying in Victoria and Vancouver last week and over brunch near Granville Island on Sunday morning a pal brought up the subject of how massive his change collection had become. Each day he empties the pennies, dimes, nickels and quarters from his pockets into a drawer. He averages a few dollars a day, which has grown to nearly $400 in savings.

Dig your way through pockets, check the ground or simply downsize your coffee in order to scrounge up your $1 per day.

Then grow your savings into something more substantial every few months. For example, $1 per day might turn into $5 per day if you start couponing for groceries, car-pooling and renting out your spare room.

To get ahead, experts recommend using tax-advantaged savings plans like the RRSP and TFSA. Regular automatic contributions will ensure you don't skip out on savings. Invest the funds wisely and under the guidance of a professional money manager to achieve optimal savings results. Forming healthy savings habits early on will ensure you've got enough dough to retire on and support a desirable lifestyle; one defined and created by you.

More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

Saving more money earlier on in your career will help you reach those ambitious nest egg goals. ISTOCK IMAGES

Now anybody can help raise money for a cause using the crowdfunding strategy. ISTOCK IMAGES

Crowdfunding trend thrust into spotlight by Canadian campaigns

A burlesque troupe, a film about female Palestinian race car drivers and a bullied American bus monitor — as diverse as those topics are, they all share a common Canadian thread.

All three projects sparked crowdfunding campaigns, an Internet-based trend which gained popularity recently when a Toronto man launched a wildly successful fundraising effort for a Rochester, N.Y., grandmother.

Max Sidorov responded to heart-wrenching video posted online of bus monitor Karen Klein being tormented by a group of schoolchildren by setting up a campaign on fundraising site Indiegogo.

More than 30,000 donors responded to that effort by donating more than $700,000, far surpassing Sidorov's original target of $5,000 to give Klein a much-needed vacation.

Crowdfunding skips a step by avoiding charities, and gets money directly from a donor to the person being helped. There are fewer fundraising costs involved, but some of the organizations aren't registered with the Canada Revenue Agency, which acts as a charity watchdog, said a fundraising and volunteer management professor at Humber College in Toronto.

"If you're using crowdfunding, the moment the money is out of your bank account, you've lost all control of it," said Ken Wyman.

Fraud is a possibility, he said, because if a charity isn't registered, there is no way to guarantee where a donation is going.

"It also raises the spectre of 700,000 dollars being raised for a single person who doesn't really need it or know what to do with it in a world where 700,000 dollars could save many lives," Wyman said.

THE CANADIAN PRESS

Fehr says NHLPA close to making counter proposal

Tennis. Head of players' union has been in Europe to get feedback from players

Donald Fehr nearly has all his ducks in a row.

The globe-trotting head of the NHL Players' Association is just about ready to counter the league's initial proposal for a new collective bargaining agreement.

He's likely to make at least part of his pitch during the scheduled talks in New York this week, Fehr told The Canadian Press on Monday.

"I think that there's certainly a possibility — a reasonable one — that we'll be in a position to make some further response," Fehr said in an interview. "Whether we'll be in a position to make an alternative proposal yet I don't know."

It's been nearly a month since the NHL laid out its vision for the new CBA. The July 13 proposal to the NHLPA included an immediate 24 per cent reduction in salaries, the introduction of several new restrictions on contracts and a redefinition of hockey-related revenue that would see the percentage paid to players each season drop from 57 to 43.

The league and union are scheduled to resume talks on Tuesday, with Fehr scheduled to join the four-day session later in the week after making his way back to North America.

He visited Moscow late last week — sitting down with Evgeni Malkin and Ilya Kovalchuk, among others — before holding a session Monday in Barcelona that was attended by roughly 40 players.

The main topic of discussion has been the negotiations, which have been underway for more than six weeks.

THE CANADIAN PRESS

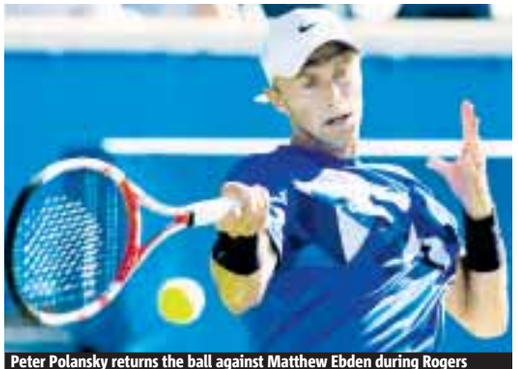
Information exchange

The current CBA is scheduled to expire Sept. 15. A request to the NHL seeking comment about the status of talks wasn't immediately returned.

- After receiving the NHL's initial proposal, the union requested audited financial statements from all 30 teams and ended up being delivered some 76,000 pages of information last week. Soon after, Fehr departed for Europe to meet with players.

Donald Fehr, executive director of the NHL Players Association, speaks to reporters in New York on July 31. KATHY WILLENS/THE ASSOCIATED PRESS FILE

Canada's Polansky ousted in Toronto



Peter Polansky returns the ball against Matthew Ebden during Rogers Cup tennis in Toronto on Monday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

Peter Polansky breezed through the first set of his first-round match at the Rogers Cup.

But then it all fell apart for the 24-year-old from of Thornhill, Ont., as Australian Matthew Ebden stormed back to take the match 0-6, 6-4, 6-3.

The first set took just 19 minutes as Polansky, a wild-card entry in the Toronto tournament, dominated.

"In the first set, his level just, he just wasn't there," Polansky said. "He was missing almost every single ball. And then he almost 360'd from there."

Raonic's route

Rising Canadian star Milos Raonic will face Viktor Troicki of Serbia in his first match at the Rogers Cup in Toronto.

- Troicki advanced Monday with a 6-4, 7-6 win over Alex Bogomolov Jr. of Russia.
- Raonic had a bye in the first round.

The tempo of the match changed in the second set as Ebden, also 24, took the first three games after an adjustment in tactics. The rallies were longer but even then Polansky had a chance in the first game to continue his first-set dominance.

"I had those two break points at 15-40 in the first game on his serve in the second set," Polansky said. "He held that game and then I got broken in the next game. After that it was just — you can call it a disaster."

Ebden will play Mardy Fish in the next round of the tournament.

THE CANADIAN PRESS

Major League Soccer

Coroner leaning towards natural death in Urso case

A coroner said signs pointed to "an apparent natural death" pending results from toxicology tests and other tissue after an autopsy was performed on Columbus Crew's Kirk Urso on Monday.

The 22-year-old Urso was pronounced dead early Sunday morning at Grant Medical Center after collapsing at a downtown Columbus bar and restaurant.

Franklin County Coroner Jan Gorniak said toxicology tests will not be finalized for four to six weeks.

"It's leaning toward an apparent natural death, but we don't know why," Gorniak said. THE ASSOCIATED PRESS

Kirk Urso. GETTY IMAGES FILE

CFL

Riders add kicking and lineman depth

The Saskatchewan Roughriders have signed non-import kicker Sandro DeAngelis and import defensive lineman Jay Alford.

Financial details of the agreements announced Monday were not released.

THE CANADIAN PRESS

NFL

"There's no excuse for it."

New York Jets quarterback Mark Sanchez. About 20 Jets players were involved in a brief brawl during a chippy practice Monday after running back Joe McKnight and safety D'Anton Lynn tangled after a play.

4 SPORTS

Mobile sports

Over his remarkable career, Michael Phelps has struck deals with a plethora of sponsors. But not everyone at the London Games can be showered with corporate largesse like the most decorated Olympian of all time. Most work one, two, even seven jobs while finding time to train to face fully funded pros. Scan the code for the story.

Last-gasp goal by U.S. ends Canadians' dream of gold

Womens' soccer. Winner scored with match moments away from penalty kicks. A first bronze medal still possible for Canada

Canada's women's soccer team has suffered Olympic heartbreak once again at the hands of its archrival.

Alex Morgan scored in the 123rd minute Monday to lead the No. 1-ranked United States to a 4-3 victory over the seventh-ranked Canadians in the semifinals of the London Olympics, delivering a dagger in the heart of a squad that paced the U.S. goal for goal all night long.

Canada's captain Christine Sinclair recorded a hat trick — goals No. 141 through 143 of her illustrious career — to lead her team in what was almost a massive upset.

But as the possibility of penalty kicks loomed large, Morgan rose to meet a cross and deftly placed a header past Canadian goalkeeper Erin McLeod, continuing Canada's eleven years of hurt. Canada hasn't beaten its North American rival since 2001 — a span of 27 games.

Megan Rapinoe scored twice for the U.S., while Abby Wambach scored on a penalty kick in a gripping game played in the historic confines of Manchester United's Old Trafford Stadium.

Wambach's penalty came after the U.S. was given a free kick outside the Canadian box by Norwegian referee Christiana Pedersen when McLeod was whistled for holding the ball for more that six seconds. Marie-Eve Nault was charged with a handball in the penalty area on the ensuing kick.

Canadian coach John Herdman was livid with Pedersen.

"She'll have to sleep in bed tonight after watching the replays, she's got that to live with," he said "We'll move on from this, I wonder if she'll be able to."

Sinclair's first goal came in the 22nd minute and the two teams would trade goals in rapid-fire succession for the rest of the night.

"Christine, to come and score a hat trick of a semifinal of an Olympic Games against our biggest rivals and not to come away with something ... there's something that isn't right about it," Herdman said.

THE CANADIAN PRESS

Next up

- The Canadians will play France for the bronze medal on Thursday in Coventry, while the U.S. will battle Japan, 2-1 winners over the French, in the other semifinal.
- Canada will still play for its first medal in Olympic soccer history, and what would be the country's first Summer Games medal in a team sport — not counting rowing or equestrian — since 1936.

Christine Sinclair, right, moves the ball against Tobin Heath Monday in Manchester. MIKE RIDEWOOD/THE CANADIAN PRESS/HO

Equestrian

Canada falls short in show jumping

Canada had seasoned riders but not the equivalent horsepower to repeat as Olympic medallists in team show jumping.

Ian Millar of Perth, Ont., Eric Lamaze of Schomberg, Que., and Jill Henselwood of Oxford Mills, Ont., finished fifth Monday.

Britain won a jump-off for gold against the Netherlands in front of a frenzy of Union Jacks at Greenwich Park. Saudi Arabia was third.

The trio earned team silver four years ago in Beijing, but all came to London on youthful horses with less experience.

THE CANADIAN PRESS

Ian Millar on horseback Sunday. THE CANADIAN PRESS

Overall performance

Canadian medal haul stalls at 10

Canada has gone back-to-back days without a medal for the first time at these Olympic Games after missing the podium Monday.

After a solid first half, Canada remains stalled at 10 medals, including one gold.

The goal is a top-12 finish in the overall medal standings. Canada is tied for 11th with the Netherlands.

THE CANADIAN PRESS

Tuesday's 3 to watch

Women's basketball

Unlike their U.S. opponents, Canada is in uncharted territory. Canada is playing in its first quarter-finals while anything less than gold will be a disappointment to the Americans.

Time: 9 a.m.
Channel: TSN

Cycling

Edmonton's Tara Whitten stands fourth at the midway point of the six-event omnium at the Olympic Velodrome.

The two-time world omnium champion already won bronze in the women's team pursuit at the Games.

Time: 11 a.m.
Channel: TSN

Men's soccer

The only top contender left in the men's soccer tournament, Brazil has no excuse to leave London without the gold medal. First, though, it will have to get past South Korea in the semifinals.

Time: 12 p.m.
Channel: TSN

THE CANADIAN PRESS/THE ASSOCIATED PRESS

Hurdling. Zelinka gets back on track by qualifying for 100-metre hurdle semis

Jessica Zelinka returned to the track at the London Games on Monday morning and booked a spot in the semifinals of the 100-metre hurdles.

The London, Ont., athlete finished second in her heat with a time of 12.75 seconds. The semifinals will be held Tuesday.

"This was my warm up day and tomorrow will be my race day," said Zelinka.

She'll be joined by Phylicia George of Markham, Ont., and Nikkita Holder of Pickering, Ont., who also made it through qualifying.

Zelinka is looking to rebound from a disappointing seventh-place finish in the heptathlon over the weekend.

She elected to rest on Sunday and wasn't sure exactly what to expect after returning to competition.

Jessica Zelinka. THE CANADIAN PRESS FILE

"I'm just glad I found my legs again and this is just like a reminder saying, 'Body, you're not done, and tomorrow, keep it going even more,'" said Zelinka.

It was a productive morning session for Canadian athletes.

Geoff Harris of Halifax advanced in the men's 800 metres with a personal-best time of 1:45.97 while Hilary Stellingwerff of Grand Bend, Ont., and Winnipeg's Nicole Sifuentes each qualified for the semifinals of the women's 1,500 metres.

THE CANADIAN PRESS

Quoted

"This was my warm up day and tomorrow will be my race day."

London, Ont.'s Jessica Zelinka qualified for Thursday's semifinals in the 100-metre hurdles event

Swimmingly in sync

Marie-Pier Boudreau Gagnon and Elise Marcotte of Canada compete during the preliminary round of women's duet synchronized swimming at the Aquatics Centre in the Olympic Park in London on Monday. The Canadian pair qualified fourth for Tuesday's final. Natalia Ishchenko and Svetlana Romashina of Russia were the top qualifiers. MARK J. TERRILL/THE ASSOCIATED PRESS

Spencer's medal aspiration takes a knockout blow

Boxing. Three-time world champion loses in quarter-finals to China's Jinzi Li

Mary Spencer, left, of Canada competes against China's Jinzi Li. SCOTT HEAVEY/GETTY IMAGES

Canadian boxer Mary Spencer was eliminated from the London Olympics on Monday after dropping a four-round decision to Jinzi Li of China.

The three-time world champion looked solid early but Li connected with a few haymakers in the second round to move into the leadand hold out for victory. The bout could have gone either way in the final round, but Li was the aggressor and outscored Spencer 17-14 overall.

"You win some and you lose some," said Spencer's longtime coach Charlie Stewart. "It's just when you lose them that it counts the most."

Li used a swarming, physical strategy against the Canadian, going for regular haymakers with a lot of clutching and grabbing. "I didn't expect that kind of pressure on me," Spencer said. "I expected more jabbing. But I have to adjust. It's my fault for not adjusting."

Spencer, from Wiarton, Ont., landed a few punches early but rarely used her powerful jab. She seemed rather ordinary in the ring.

"In Olympic boxing if you don't have your hands up, you're giving free points," said Canadian team coach Sylvain Gagnon. "You can't win the fight like that."

Spencer defeated Li in their two previous meetings but never got on track before a near-capacity crowd at ExCel South Arena 2. The Canadian seemed flat and couldn't generate any momentum.

"I don't have an excuse for losing," Spencer said. "We went in there, it was fair and we were both given the same opportunities. She came out the better boxer today."

Li will next meet Russia's Nadezda Torlopova in the semifinals Wednesday. Kazakhstan's Marina Volnova will face American Claressa Shields in the other semifinal.

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Day 10 results

MEDAL STANDINGS

179 of 302 total medal events

Nation	G	S	B	Tot
China	31	19	14	64
United States	29	15	19	63
Russia	7	17	18	42
Britain	18	11	11	40
Japan	2	12	14	28
France	8	9	9	26
South Korea	11	5	6	22
Germany	5	10	7	22
Australia	2	12	8	22
Italy	7	6	4	17
Netherlands	3	3	4	10
Canada	**1**	**3**	**6**	**10**
Ukraine	3	0	6	9
Hungary	4	1	3	8
Belarus	3	2	3	8

WHAT CANADA DID

Monday at the 2012 London Olympics

ATHLETICS

Men's 800 — Geoff Harris, Halifax, finished second in his heat and qualified with a time of one minute, 45.97 seconds.

Women's 100 hurdles — All three Canadians entered in first-round qualifying advanced to the next round. Jessica Zelinka, Calgary, finished second in her heat with a time of 12.75. Nikkita Holder, Pickering, Ont., finished fifth in her heat four in 12.93. And Phylicia George, Markham, Ont., finished second in her heat in 12.83.

Women's 1,500 — Both Canadians entered in first-round qualifying advanced to the next round. Hilary Stellingwerff, Grand Bend, Ont., finished sixth in her heat with a time of four minutes, 5.79 seconds. And Nicole Sifuentes, Winnipeg, finished seventh in her heat in 4:07.65.

Women's shot put — Julie Labonte, Ste-Justine, Que., finished 11th in her qualifying group with a throw of 17.48 metres and failed to advance to the next round.

Women's 200 — Crystal Emmanuel, Toronto, finished fifth in her first-round qualifying heat in 23.10 and advanced to the next round.

Women's 400 hurdles — Sarah-Lynn Wells, Toronto, finished eighth in her semifinal heat in 56.71 and failed to advance to the final.

BOXING

Women's 75kg — Mary Spencer, Wiarton, Ont., lost 17-14 in her quarter-final match to Li Jinzi of China.

Men's 91+kg — Simon Kean, Trois-Rivieres, Que., lost 20-6 to Ivan Dychko of Kazakhstan in a men's quarter-final bout.

CANOE-KAYAK

Men's kayak singles 1,000 — Adam van Koeverden, Oakville, Ont., won his semfinal heat with a time of three minutes, 28.209 seconds and advanced to the final.

Men's canoe singles 1,000 — Mark Oldershaw, Burlington, Ont., finished second in his semifinal heat in 3:52.197 and advanced to the final.

Men's kayak doubles 1,000 — Ryan Cochrane, Windsor, N.S., and Hugues Fournel, Lachine, Que., finished fifth in their semifinal heat in 3:29.819 and advanced to the final.

CYCLING

Women's omnium — Tara Whitten, Edmonton, is in fourth place overall after three races. She will race for a medal on Tuesday.

EQUESTRIAN

Team jumping — Canada (Jill Henselwood, Oxford Mills, Ont.; Eric Lamaze, Schomberg, Ont.; Ian Millar, Perth, Ont.), finished fifth with a score of 26.

Individual jumping — Millar finished in a tie for 11th place with a score of eight. Lamaze finished in a tie for 22nd with a score of nine.

SAILING

Women's laser radial — Danielle Dube, Glen Haven, N.S., finished 27th after the final rankings with a score of 220.

Men's laser — David Wright, Toronto, finished 23rd after the final rankings with a score of 184.

Men's 470 — Mike Leigh and Luke Ramsay, both Vancouver, are in 24th place after the eighth race.

Men's 49er — Hunter Lowden, West Vancouver, B.C., and Gordon Cook, Toronto, are in 16th place after the 14th race.

SYNCHRONIZED SWIMMING

Duet — Marie-Pier Boudreau, Riviere-du-Loup, Que., and Elise Marcotte, Quebec City, finished fourth with a score of 189.250 and advanced to the next round.

DIVING

Men's three-metre springboard — Both Canadians entered in the preliminary round advanced to the semifinal. Alexandre Despatie, Montreal, finished ninth with a score of 458.55. Francois Imbeau-Dulac, St-Lazare, Que., finished 12th with a score of 449.30.

SOCCER

Women — Canada lost 4-3 to the U.S. in extra time in the semifinals, despite getting all three goals from Christine Sinclair, Burnaby, B.C. Canada will now play France for the bronze on Thursday.

SOCCER

WOMEN

SEMIFINALS

Monday, Aug. 6
At Wembley, England
Japan 2, France 1
At Manchester, England
United States 4, **Canada 3**, extra time

BRONZE MEDAL MATCH

Thursday, Aug. 9
At Coventry, England
France vs. **Canada**, 8 a.m.

GOLD MEDAL MATCH

Thursday, Aug. 9
At Wembley, England
Japan vs. United States, 2:45 p.m.

UNITED STATES 4, CANADA 3

Canada	1	2	0	0—3
United States	0	3	0	1—4

First Half—1, Canada, C.Sinclair, 22.
Second Half—2, United States, M.Rapinoe, 54. 3, Canada, C.Sinclair, 67. 4, United States, M.Rapinoe, 70. 5, Canada, C.Sinclair, 73. 6, United States, A.Wambach, 80 (PK).
First Extra Time—None.
Second Extra Time—7, United States, A.Morgan, 120+3.
Yellow Cards—D.Scott, Canada, 60; M.Tancredi, Canada, 79.
Red Cards—None.
Referee—Christiana Pedersen, Norway. **Assistant Referees**—Hege Steinlund, Norway; Lada Rojc, Croatia. **Fourth Official**—Hong Eun Ah, South Korea.

BASKETBALL

MEN

Group A

Country	W	L	Pts
United States	5	0	10
France	4	1	9
Argentina	3	2	8
Lithuania	2	3	7
Nigeria	1	4	7
Tunisia	0	5	5

Group B

Country	W	L	Pts
Russia	4	1	9
Brazil	4	1	9
Australia	3	2	8
Spain	3	2	8
Britain	1	4	6
China	0	5	5

Monday, Aug. 6
Australia 82, Russia 80
Lithuania 76, Tunisia 63
France 79, Nigeria 73
Britain 90, China 58
Brazil 88, Spain 82
United States 126, Argentina 97

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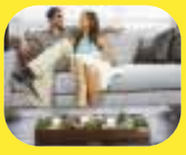

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MISCELLANEOUS

Miscellaneous

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Horoscopes

♈ Aries
March 21 - April 20
Don't just assume that what is good for others is going to be good for you too. The opposite is likely true. The first rule of life is to do no harm — especially to yourself.

♉ Taurus
April 21 - May 21
Your confidence will reach new heights over the next 24 hours and if you use it sensibly, anything is possible. Remember though that might does not make right. There will always be someone stronger than you.

♊ Gemini
May 22 - June 21
As Venus moves into the money area of your chart today, you won't be quite so worried about how much you spend. But that is not an excuse to splash out on things you don't need. Balance.

♋ Cancer
June 22 - July 23
With Venus, planet of attraction, moving into your birth sign you will get admiring glances wherever you go and whatever you do. You will find both love and excitement today — or, more likely, they will find you.

♌ Leo
July 24 - Aug. 23
The more critics and rivals tell you that some things are not possible, the more you will strive to prove them wrong. Go out of your way to show the world what you are capable of. It's far more than most people realize.

♍ Virgo
Aug. 24 - Sept. 23
You may be inclined to forgive someone who has let you down but unless you want this to become a regular occurrence, you must make it clear that your generosity of spirit stretches only so far.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler and planet of attraction, crosses the career angle of your chart today, so most likely you will be praised by everyone. The world admires, and needs, your special talents.

♏ Scorpio
Oct. 24 - Nov. 22
If you can find the right balance between charm and assertiveness today, you can win over someone whose approval you have been seeking for a very long time. Travel plans are well starred too, so get out into the world.

♐ Sagittarius
Nov. 23 - Dec. 21
You need to be more open about what you think and feel because the more you show your vulnerable side, the more other people will open up to you in turn. Let them see you care — like they care.

♑ Capricorn
Dec. 22 - Jan. 20
Venus moving into your opposite sign makes this the ideal time to start something new on either the creative or romantic fronts — or both. Turn on the charm and persuade others to give you the chance you deserve.

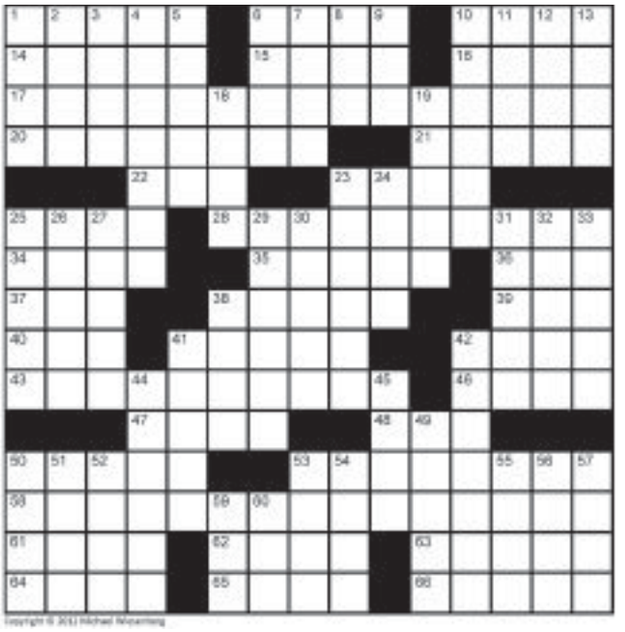
♒ Aquarius
Jan. 21 - Feb. 19
For too long you have been focusing on issues that are of no real importance, while neglecting those which should have been dealt with a long time ago. It's not too late to change things. Start now.

♓ Pisces
Feb. 20 - March 20
In all one-to-one situations, both in your personal life and at work, your powers of persuasion will get you out of almost any kind of trouble you may find yourself in.

SALLY BROMPTON

Crossword: Canadian Miscellany

BY MICHAEL WIESENBERG



Across

1. Action words
6. Alta. neighbor
10. Lost seaworthiness
14. Abraham's son
15. Lhasa ___: small dog
16. Bassoon relative
17. Victoria's location (2 wds.)
20. Wrote (a book)
21. List items
22. Any of 43-Across: abbr.
23. "Mmm-hmm" (2 wds.)
25. ___ *La Douce*: 1963 Lemmon-Maclaine film
28. Calgary team
34. Anon
35. Show contempt for, as a contract (2 wds.)
36. Clean the kitchen floor
37. Solo of *Star Wars*
38. Continue without a break (2 wds.)
39. Oriental sash
40. Halloween mo.
41. Pursuits of good reporters
42. "I have ____ good authority" (2 wds.)
43. They form the Alberta-BC border (2 wds.)
46. Aerialist precautions
47. *For Your ___ Only*
48. Here: Fr.
50. Barracks boss, briefly
53. Ottawa team
58. Alberta, Saskatchewan, or BC (2 wds.)
61. Has ___ with: is connected (2 wds.)
62. Fast-moving sport jai ___
63. "___ Joe's": diner invitation (2 wds.)
64. Pop
65. Iditarod's Alaska terminus
66. Be careless with a bucket

Down

1. ___ *Las Vegas*: 1964 Elvis movie
2. Biblical Jacob's brother
3. Angry outburst
4. Winnipeg's Randy ___: cofounder of 1970s rock band familiarly called BTO
5. "Get out of here!"
6. Computer menu selection
7. Copied
8. Letters that once designated Soviet republics
9. Goldfish cousin in backyard ponds
10. Flew alone, perhaps for the first time
11. "I've got ___ feeling about this!" (2 wds.)
12. "That's a ___!" (taboo)
13. Sneakers brand
18. Banquet coffeepots
19. At quite an incline
23. "I hate to ___ on you, but ..." (ask a lot of)
24. Created a web or a tale
25. "____ the Sheriff" (2 wds.)
26. Disliked insect
27. ___ Carlo: Monaco's capital
29. Semis
30. "___ a stinker?": Bugs Bunny line (2 wds.)
31. Overact
32. Automaton
33. PR interpretations
38. 100-metre dash, e.g.
41. Hotel lobby
42. First letter
44. Saskatchewan's capital
45. Comb. form for China, as in ___-Soviet
49. Bat lairs
50. Aromatherapy spots
51. Florence's river
52. Weapon to combat 26-Down
53. Unwanted email
54. Great Lake
55. Having knowledge of
56. Some TVs
57. Actor Green of Austin Powers movies or Adam's third son
59. Bond creator Fleming
60. "Evil Woman" group, briefly

Friday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1		5		6		4	
3	4	9				5	7	6
		3	4	2	8	9		
		7	3	5	1	6		
2	5	6				1	3	8
	7		1		3		2	

Friday's Sudoku

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